



A GUIDE TO BURNOUT

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WHAT ARE THE SIGNS OF BURNOUT?

EXHAUSTION

Feeling physically and emotionally depleted. Physical symptoms may include headaches, stomachaches, and appetite or sleeping changes.



ISOLATION

People with burnout tend to feel overwhelmed. As a result, they may stop socializing and confiding in friends, family members, and co-workers.

ESCAPE FANTASIES

Dissatisfied with the never-ending demands of their jobs, people with burnout may fantasize about running away or going on a solo-vacation. In extreme cases, they may turn to drugs, alcohol, or food as a way to numb their emotional pain.



IRRITABILITY

Burnout can cause people to lose their cool with friends, co-workers, and family members more easily. Coping with normal stressors like preparing for a work meeting, driving kids to school, and tending to household tasks also may start to feel insurmountable, especially when things don't go as planned.

FREQUENT ILLNESSES

Burnout, like other long-term stress, can lower your immune system, making you more susceptible to colds, the flu, and insomnia. Burnout can also lead to mental health concerns like depression and anxiety.



Source:

<https://www.healthline.com/health/tips-for-identifying-and-preventing-burnout#takeaway>

Psychologists Herbert Freudenberger and Gail North have outlined the 12 phases of this stress syndrome:

1 EXCESSIVE DRIVE/AMBITION.

Common for people starting a new job or undertaking a novel task, too much ambition can lead to burnout.

2 PUSHING YOURSELF TO WORK HARDER.

Ambition pushes you to work harder.

3 NEGLECTING YOUR OWN NEEDS.

You begin to sacrifice self-care like sleep, exercise, and eating well.

4 DISPLACEMENT OF CONFLICT.

Instead of acknowledging that you're pushing yourself to the max, you blame your boss, the demands of your job, or colleagues for your troubles.

5 NO TIME FOR NONWORK-RELATED NEEDS.

You begin to withdraw from family and friends. Social invitations to parties, movies, and dinner dates start to feel burdensome, instead of enjoyable.

6 DENIAL. IMPATIENCE WITH THOSE AROUND YOU MOUNTS.

Instead of taking responsibility for your behaviors, you blame others, seeing them as incompetent, lazy, and overbearing.

7 WITHDRAWAL.

You begin to withdraw from family and friends. Social invitations to parties, movies, and dinner dates start to feel burdensome, instead of enjoyable.

8 BEHAVIORAL CHANGES.

Those on the road to burnout may become more aggressive and snap at loved ones for no reason.

9 DEPERSONALIZATION.

Feeling detached from your life and your ability to control your life.

10 INNER EMPTINESS OR ANXIETY.

Feeling empty or anxious. You may turn to thrill seeking behaviors to cope with this emotion, such as substance use, gambling, or overeating.

11 DEPRESSION.

Life loses its meaning and you begin to feel hopeless.

12 MENTAL OR PHYSICAL COLLAPSE.

This can impact your ability to cope. Mental health or medical attention may be necessary.

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How to Prevent Burnout?

Exercise

Not only is exercise good for our physical health, but it can also give us an emotional boost.

Stretched for time? You don't need to spend hours at the gym to reap these benefits. Mini-workouts and short walks are convenient ways to make exercise a daily habit.



Eat a balanced diet

Eating a healthy diet filled with omega-3 fatty acids can be a natural antidepressant. Adding foods rich in omega-3s like flaxseed oil, walnuts, and fish may help give your mood a boost.

Practice good sleep habits

Our bodies need time to rest and reset, which is why healthy sleep habits are essential for our well-being.

According to the National Sleep Foundation, avoiding caffeine before bedtime, establishing a relaxing bedtime ritual, and banning smartphones from the bedroom can help promote sound sleep hygiene.



Ask for help

During stressful times, it's important to reach out for help. If asking for assistance feels difficult, consider developing a self-care "check-in" with close friends and family members so that you can take care of each other during trying times.

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